

# Quick & Healthy Vegan Recipes

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**20+** DELICIOUS HEALTHY  
PLANT-BASED RECIPES



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# Chickpea Scramble

**Serves:** 2    **Prep:** 10 mins    **Cook:** 10 mins

**Nutrition per serving:** 417 kcal | 15g Fats | 56g Carbs | 19g Protein



## INGREDIENTS

**2 cups (330g) canned chickpeas, drained**

**½ tsp. turmeric**

**½ tsp. paprika**

**2 tsp. olive oil**

**1 small onion, finely diced**

**2 cloves garlic, minced**

**230g spinach**

**½ avocado**

## METHOD

Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.

Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.

Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil, and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.

Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.

# Banana Breakfast Oats

**Serves:** 2    **Prep:** 5 mins    **Cook:** 0 mins

**Nutrition per serving:** 381 kcal | 12g Fats | 60g Carbs | 10g Protein



## INGREDIENTS

**1 cup (90g) oats**

**2 ripe bananas, mashed**

**2 tbsp. peanut butter**

**Favourite nuts and seeds, to garnish**

**Seasonal fruit, to garnish**

**Note:** Garnishes (nuts, seeds, fruit) are not included in the nutrition information.

## METHOD

Divide oats between two bowls and add 3 tbsp. of water into each bowl.

Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.

Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

# Banana & Strawberry Pancakes

**Serves:** 4    **Prep:** 15 mins    **Cook:** 15 mins

**Nutrition per serving:** 282 kcal | 7g Fats | 53g Carbs | 5g Protein



## INGREDIENTS

**2 ripe bananas, mashed**  
**1 cup (110g) spelt flour**  
**1 tsp. baking powder**  
**½ tsp. baking soda**  
**1 tsp. lemon juice**  
**¾ cup (180ml) almond milk**  
**¾ cup (150g) strawberries, sliced**  
**1 tbsp. coconut oil**  
**4 tbsp. coconut yoghurt**  
**4 tbsp. maple syrup**

**Note:** Nutrition information is per 2 pancakes.

## METHOD

Mash the banana with a fork and combine them with the flour, baking powder, baking soda, and lemon juice. Next, slowly add in almond milk until you get a thick batter.

Finally, fold in the sliced strawberries, leaving some for garnish.

Heat some of the oil in a non-stick pan over medium heat, not too hot as then the pancakes will burn. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).

Cook the pancakes for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.

Serve the pancakes with a tablespoon of coconut yoghurt and maple syrup, and garnish with remaining strawberries.



# Protein Berry Smoothie Bowl

**Serves:** 1    **Prep:** 5 mins    **Cook:** 0 mins

**Nutrition per serving:** 297 kcal | 2g Fats | 49g Carbs | 23g Protein



## INGREDIENTS

**1 cup (150g) frozen red berries**

**1 small frozen banana**

**¼ cup (60ml) coconut milk**

**1 scoop vanilla vegan protein powder**

**Note:** Toppings are not included in nutrition information.

## METHOD

Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.

Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more coconut milk, if necessary, to reach desired consistency.

Transfer into a serving bowl and top with favourite toppings.

# Breakfast Oat Cookies

**Serves:** 9    **Prep:** 10 mins    **Cook:** 20 mins

**Nutrition per serving:** 137 kcal | 6g Fats | 17g Carbs | 3g Protein



## INGREDIENTS

- 1 cup (90g) rolled oats**
- ½ cup (30g) almond meal**
- 3 tbsp. desiccated coconut**
- 1 tsp. cinnamon**
- ¼ tsp. baking soda**
- 3 tbsp. almond butter**
- 3 tbsp. maple syrup**
- 1 medium ripe banana, mashed**
- Handful fresh berries**

## METHOD

Preheat the oven to 160°C and line a baking tray with baking paper.

Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.

Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.

Bake for 20 minutes until golden and allow to cool completely before eating.



# Green Beans & Cherry Tomato Salad

**Serves:** 4    **Prep:** 15 mins    **Cook:** 5 mins

**Nutrition per serving:** 163 kcal | 14g Fats | 10g Carbs | 2g Protein



## INGREDIENTS

For the salad:

**450g green beans**

**1 cup (150g) cherry tomatoes**

For the dressing:

**1 clove garlic, minced**

**⅓ cup (15g) coriander, chopped**

**2 tbsp. lemon juice**

**¼ cup (60ml) olive oil**

## METHOD

Trim the stem end of the green beans. Bring water to a boil in a large pot and cook the beans for 3 minutes. Then drain and rinse with cold water, allowing them to cool completely.

Half the cherry tomatoes and place in a salad bowl. Once beans are cool, cut them in 6 cm pieces and add to the salad bowl.

Make the dressing by placing the dressing ingredients in a food processor. Pulse until a smooth sauce has formed. Season to taste with salt and pepper.

Add the sauce to the green beans and tomatoes and mix well until coated. Serve immediately as a salad or side dish. Store covered in the fridge for 2-3 days.



# Vegan 'Tuna' Salad

**Serves:** 4    **Prep:** 10 mins    **Cook:** 0 mins

**Nutrition per serving:** 255 kcal | 9g Fats | 35g Carbs | 10g Protein



## INGREDIENTS

**2 ½ cups (400g) chickpeas, drained**

**2 nori sheets**

**2 tbsp. vegan mayo (or tahini)**

**2 tbsp. lemon juice**

**1 cup (175g) sweetcorn, drained**

**1 small onion, finely diced**

## METHOD

Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.

Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.

Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.

# Potato & Sundried Tomato Salad

**Serves:** 4    **Prep:** 10 mins    **Cook:** 20 mins

**Nutrition per serving:** 161 kcal | 9g Fats | 17g Carbs | 4g Protein



## INGREDIENTS

**450g baby potatoes**

**½ cup (90g) green olives, halved**

**½ cup (70g) sundried tomatoes, drained, roughly chopped**

**1 tbsp. capers, drained handful chives, chopped**

**1 tbsp. oil from sundried tomatoes**

**1 tbsp. wholegrain mustard**

**1 tbsp. apple cider vinegar**

## METHOD

Place the potatoes in a pot of salted water and bring to a boil, lower the heat and simmer for about 20 minutes. Once cooked, drain and rinse in cold water. Once slightly cooled, peel, halve and place them in a bowl.

Add in the olives, sundried tomatoes, capers, and chives. Next, mix the oil for the tomatoes, mustard, and apple cider vinegar and drizzle over the salad. Season to taste with salt and pepper, mix well and serve.



# Wild Rice, Tomato & Rocket Balsamic Salad

**Serves:** 4    **Prep:** 10 mins    **Cook:** 20 mins

**Nutrition per serving:** 288 kcal | 9g Fats | 44g Carbs | 7g Protein



## INGREDIENTS

**1 cup (185g) rice**

**160g roasted capsicum, drained, chopped**

**¼ cup (30g) roasted almonds, chopped**

**1 cup (150g) cherry tomatoes, halved**

**60g rocket**

**1 tbsp. balsamic vinegar**

**1 tbsp. olive oil**

**½ tsp. chili flakes**

## METHOD

Cook the rice according to instructions on the packaging. Once cooked, place in a large bowl.

Add in the peppers, almonds, tomatoes, and rocket. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.



# Sweet Potato, Quinoa & Bean Burger

**Serves:** 4    **Prep:** 10 mins    **Cook:** 55 mins

**Nutrition per serving:** 171 kcal | 6g Fats | 22g Carbs | 5g Protein



## INGREDIENTS

- 1 sweet potato**
- ⅓ cup (60g) quinoa, raw**
- 1 can (400g) kidney beans, drained**
- 1 tsp. rosemary**
- ½ tsp. chili flakes**
- 1 ½ tbsp. olive oil**

## METHOD

Preheat oven to 210°C and cut the sweet potato into 2cm pieces. Place it in an ovenproof dish, drizzle with ½ tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25–30 minutes.

Once potatoes are cooked, allow them to cool slightly. Then peel off the skin, place in a bowl, and mash the flesh with a fork. Add in the drained beans and mash with a fork.

Cook quinoa according to instructions on the packaging. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.

Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil. Place on a baking tray lined with tin foil and bake for 20–25 minutes in 210°C.

# Roasted Miso Potatoes

**Serves:** 4    **Prep:** 10 mins    **Cook:** 30 mins

**Nutrition per serving:** 220 kcal | 6g Fats | 38g Carbs | 4g Protein



## INGREDIENTS

**600g sweet potato**

**1 tbsp. olive oil**

**Handful coriander, chopped**

**2 tbsp. almonds, chopped**

For the sauce:

**2 tbsp. white miso paste**

**1 tbsp. rice vinegar**

**1 tbsp. maple syrup**

**2 tsp. sriracha**

**1 tbsp. soy yoghurt**

## METHOD

Preheat oven to 220°C.

Wash the potatoes and cut them into wedges. Place them on a baking tray and drizzle with olive oil. Season with salt & pepper. Cook for 30 minutes or until soft and charred.

In the meantime, combine all the sauce ingredients in a small bowl.

Once potatoes are cooked, arrange them on a serving dish, drizzle with the sauce and top with chopped almonds and coriander.



# Red Sweet Potato Curry

**Serves:** 4    **Prep:** 10 mins    **Cook:** 35 mins

**Nutrition per serving:** 459 kcal | 18g Fats | 62g Carbs | 13g Protein



## INGREDIENTS

- 2 tsp. coconut oil**
- 1 white onion, diced**
- 2 cloves garlic, minced**
- 4 tbsp. Thai red curry paste**
- 2 sweet potatoes, peeled and diced**
- 1 can (400g) chopped tomatoes**
- 1 cup (240ml) vegetable stock**
- ¼ cup (65g) smooth natural peanut butter**
- ½ cup (120ml) canned coconut milk, light**
- Juice of 1 lime**
- 3 cups (480g) cooked white rice**
- ¼ cup (30g) peanuts, chopped**
- handful coriander, chopped**

## METHOD

Heat the coconut oil over medium heat in large pan. Add the onion and cook for around 5 minutes until soft.

Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 to 35 minutes until the sweet potatoes are tender.

In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.

Remove from the heat, squeeze in lime juice, mix well and serve with the cooked rice. Garnish with the chopped peanuts and coriander.



# Garlic Zucchini & Tomato Pasta

**Serves:** 4    **Prep:** 5 mins    **Cook:** 10 mins

**Nutrition per serving:** 276 kcal | 7g Fats | 48g Carbs | 8g Protein



## INGREDIENTS

**4 cups (220g) brown rice pasta, cooked**

**2 medium zucchini, spiralized**

**1 tbsp. olive oil**

**1 cup (150g) cherry tomatoes, halved**

**2 cloves garlic, crushed**

**1 tsp. smoked paprika chili flakes, to taste**

**2 tsp. parsley dried**

**4 tbsp. vegan parmesan, grated (optional)**

## METHOD

Cook the pasta according to instructions on the packaging.

Heat olive oil over medium heat in a pan and sauté the zucchini and cherry tomatoes for 2-3 minutes. Season with salt and pepper, add in the crushed garlic and cook for another 2 minutes.

Add in the cooked pasta and mix well—season with smoked paprika and chili flakes.

Divide between bowls and top with vegan parmesan cheese and dried parsley.

# Veg & Tahini Tray Bake

**Serves:** 4    **Prep:** 10 mins    **Cook:** 35 mins

**Nutrition per serving:** 260 kcal | 13g Fats | 26g Carbs | 11g Protein



## INGREDIENTS

**1 onion, sliced**  
**1 zucchini, sliced**  
**1 red capsicum, sliced**  
**1 cup (265g) chickpeas, drained**  
**1 tbsp. olive oil**  
**3 tbsp. tahini**  
**1 lemon, juice only**  
**3 tbsp. almond milk**  
**1 tbsp. sesame seeds**  
**Handful coriander, chopped**

## METHOD

Preheat oven to 190°C.

Place the chopped vegetables in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.

In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.

Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.



# Tofu Pad Thai

**Serves:** 4    **Prep:** 15 mins    **Cook:** 15 mins

**Nutrition per serving:** 469 kcal | 18g Fats | 68g Carbs | 15g Protein



## INGREDIENTS

For the sauce:

**¼ cup (60ml) tamari**  
**¼ cup (60ml) maple syrup**  
**3 tbsp. water**  
**2 tbsp. rice vinegar**  
**2 tbsp. peanut butter**  
**1 tbsp. sriracha**

For the Pad Thai:

**225g thick rice noodles**  
**1 tbsp. coconut oil**  
**2 shallots, chopped**  
**2 large carrots, sliced into ribbons or matchsticks**  
**2 cloves garlic, minced**  
**2 handfuls bean sprouts**  
**3 spring onions, sliced (green part)**  
**¼ cup (30g) peanuts, chopped, to serve**  
**1 lime, cut into wedges**

### Note:

Pressing Tofu: Wrap a block of tofu in a few paper towels and place it on a plate. Place a cast-iron pan on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess

For the tofu:

**200 firm tofu, cubed**  
**1 tbsp. flour**  
**1 tbsp. coconut oil**

## METHOD

Mix all the sauce ingredients in a bowl and set aside.

In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.

Cook the noodles according to instructions on the packaging.

Heat the coconut oil in a wok or large pan over medium- high heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown. Remove from heat and set aside.

Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.

Next, add in the tofu and bean sprouts, and gently mix until well combined. Remove from heat and top with the green part of the spring onions. Serve with peanuts and lime wedges.



# Quick Vegetable Stir Fry

**Serves:** 4    **Prep:** 10 mins    **Cook:** 15 mins

**Nutrition per serving:** 273 kcal | 8g Fats | 45g Carbs | 6g Protein



## INGREDIENTS

For the sauce:

**1 tbsp. tahini**

**1 tbsp. toasted sesame oil**

**1 tsp. white miso paste**

**1 lime, juiced**

For the stir-fry:

**180g rice noodles**

**1 tsp. toasted sesame oil**

**1 large carrot, spiralized**

**1 zucchini, spiralized**

**½ cup frozen green peas**

**1 tbsp. sesame seeds**

**Coriander, to serve**

## METHOD

Mix all the sauce ingredients.

Cook noodles according to instructions on the packaging, then set aside.

Spiralized the carrot and zucchini. However, if you don't have a spiraliser, then just grate them using the large holes.

Heat 1 tsp. of sesame oil in a large pan over medium heat. Add in the carrot and zucchini noodles and cook for 3-4 minutes. Next, add in the green peas, sesame seeds, and cooked noodles. Mix well and cook for another 3-4 minutes.

Finally, add in the sauce and cook for a final 2-3 minutes until warmed through. Serve with fresh coriander.

# Roasted Aubergine & Tomato Stew

**Serves:** 4    **Prep:** 5 mins    **Cook:** 50 mins

**Nutrition per serving:** 260 kcal | 9g Fats | 34g Carbs | 10g Protein



## INGREDIENTS

**2 tbsp. olive oil**

**2 medium aubergines, cut into bite-size pieces**

**2 cups (330g) cherry tomatoes**

**1 can (400g) chopped tomatoes**

**1 can (400g) chickpeas, drained**

**1 medium onion, chopped**

**2 cloves garlic, chopped**

**4 tbsp. tomato puree**

**1 tbsp. apple cider vinegar**

**2 tsp. mixed herbs**

**Handful parsley, chopped**

## METHOD

Pre-heat the oven to 200°C. Place the cut aubergine into a baking dish and drizzle with 1 tbsp. olive oil and season with salt. Cook in the oven for 40 minutes until soft.

In the meantime, heat the remaining 1 tbsp. oil in a large pan over medium heat.

Add the onion and garlic, season with salt and pepper, and cook for 5–6 minutes until soft—then add in the mixed herbs, tomato puree, and cook for another 2 minutes.

Next, add in the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to boil, then reduce heat and continue simmering until the aubergine is ready.

Once the aubergine is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.



# Spicy Cauliflower & Chickpea Rice Bowl

**Serves:** 4    **Prep:** 10 mins    **Cook:** 25 mins

**Nutrition per serving:** 380 kcal | 11g Fats | 57g Carbs | 13g Protein



## INGREDIENTS

**1 medium cauliflower, broken into florets**

**1 can (400g) chickpeas, drained**

**1 tbsp. olive oil**

**3 cups cooked rice**

For the sauce:

**2 tbsp. sriracha**

**2 tbsp. tamari**

**1 tbsp. maple syrup**

**2 tsp. apple cider vinegar**

**2 tsp. fresh ginger, minced**

**2 cloves garlic, minced**

**1 tsp. sesame oil**

**2 spring onions, chopped**

**¼ cup (30g) peanuts, chopped**

## METHOD

Preheat oven to 230°C and prepare a baking dish or tray.

Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 minutes.

In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.

Once cauliflower and chickpeas are roasted, remove from oven and mix with the earlier prepared sauce.

Increase the oven temperature to broil, return the tray into the oven and cook for about another 5 minutes.

Remove from the oven divide between bowls and serve with a portion of rice.



# Matcha Energy Balls

**Serves:** 12    **Prep:** 10 mins    **Cook:** 0 mins

**Nutrition per serving:** 94 kcal | 6g Fats | 7g Carbs | 2g Protein



## INGREDIENTS

**1 tbsp. matcha powder**  
**1 cup (80g) desiccated coconut**  
**¼ cup (50g) coconut flour**  
**1 scoop (25g) vanilla protein powder (vegan mix)**  
**2 tbsp. coconut oil**  
**3 tbsp. maple syrup**

## METHOD

Add all ingredients into a food processor and pulse until well combined.

Form into 12 balls with your hands and store in the fridge for up to 7 days.

# Simple Vegan Oat Cookies

**Serves:** 12    **Prep:** 15 mins    **Cook:** 20 mins

**Nutrition per serving:** 166 kcal | 9g Fats | 18g Carbs | 4g Protein



## INGREDIENTS

**2 cups (180g) oats**

**1 cup (100g) oat flour**

**⅔ cup (70g) almond meal**

**6 tbsp. maple syrup**

**4 tbsp. coconut oil, melted**

**1 tsp. baking powder**

## METHOD

Preheat oven to 180°C and line a baking tray with baking paper.

In a bowl, mix the oats, flour, almond meal, baking powder, and a pinch of salt. Add in maple syrup and coconut oil, mix well until combined.

Using slightly wet hands, create 12 balls out of the mixture and place them on the baking tray and push them down to create cookies shapes.

Bake for 20 minutes until golden and allow to cool before eating.

# Banana & Almond Muffins

**Serves:** 6    **Prep:** 10 mins    **Cook:** 20 mins

**Nutrition per serving:** 210 kcal | 10g Fats | 28g Carbs | 5g Protein



## INGREDIENTS

**2 ripe bananas, mashed**

**¼ cup (60ml) maple syrup**

**¼ cup (60ml) almond butter**

**½ cup (55g) spelt flour 1 tsp. baking powder**

**¼ tsp. baking soda**

**¼ cup (30g) walnuts**

## METHOD

Heat the oven to 180°C and line a muffin tray with paper muffin cups.

Mash the bananas with a fork and combine with the maple syrup and almond butter. Fold in the flour, baking powder, and baking soda and mix well.

Divide the batter between the 6 muffin cups. Top each one with the walnuts.

Bake for about 18-20 minutes in the middle of the oven, or until a toothpick comes out clean.

Remove the muffins from the oven and cool completely before serving.



# Lemon & Berry Cheesecake

**Serves:** 16    **Prep:** 30 mins    **Cook:** 2 hrs

**Nutrition per serving:** 297 kcal | 19g Fats | 30g Carbs | 5g Protein



## INGREDIENTS

For the crust:

**½ cup (40g) desiccated coconut**

**1 cup (100g) walnuts, chopped**

**12 medjool dates**

**Pinch of salt**

For the lemon layer:

**2 cups (230g) cashews, soaked for 4 hours or overnight**

**1 cup (240ml) coconut cream**

**4 tbsp. coconut oil, soften**

**½ cup (120ml) maple syrup**

**Zest of 1 lemon**

**Juice of 1 lemon juice**

**Pinch of salt**

For the berry layer:

**1 cup (150g) frozen red berries**

**2 tbsp. chia seeds**

**2 tbsp. lemon juice**

**2 tbsp. maple syrup**

## METHOD

Place all the crust ingredients into a food processor and blitz until sticky paste forms. Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.

Drain the cashews and pat dry with a kitchen towel. Place all the lemon layer ingredients in a food processor and puree until smooth. Spread over the crust and return into the freezer.

Prepare the last berry layer. Place all ingredients in the food processor and puree until smooth. Spread over the top of the cheesecake only when the lemon layer has set completely. Garnish with additional berries (optional). Return to the freezer and freeze until set.

Remove the cheesecake from the freezer for about 20 minutes before serving.

# Vegan Chocolate Brownies

**Serves:** 16    **Prep:** 20 mins    **Cook:** 35 mins

**Nutrition per serving:** 223 kcal | 15g Fats | 21g Carbs | 3g Protein



## INGREDIENTS

**220g dark chocolate, chopped**

**3 tbsp. coconut oil**

**2 ripe avocados**

**1 cup (200g) coconut palm sugar**

**2 flax eggs**

**1 tsp. vanilla extract**

**¾ cup (75g) almond meal**

**¼ cup (30g) unsweetened cocoa powder**

**½ tsp. baking powder**

**½ teaspoon sea salt**

**½ cup (50g) walnuts, chopped**

### **How to make a flax egg:**

To make one flax egg mix 1 tbsp. flaxseed meal and 2 ½ tbsp. water. Let it rest for 5 mins to thicken.

## METHOD

Preheat oven to 180°C.

Line baking tray with baking paper.

Place the coconut oil and chopped chocolate in a medium size heatproof bowl. Place the bowl over a pot of lightly simmering water. Stir the chocolate and coconut oil until they are completely melted.

In a large bowl, mash avocado and then stir in the chocolate mixture. Whisk in the sugar, then add in the flax eggs and vanilla extract, mix well.

Next add in the cocoa powder, almond meal, baking powder and salt, mixing until just combined (do not overmix). Finally, stir in chopped walnuts.

Spread the batter into the prepared baking tin and place it in the middle of the oven. Bake for about 25 to 30 minutes until the middle is set.

Let completely cool on a rack and cut into 12 squares.